

Creamy Mixed Fruit Salad

Makes: 4 Servings

This recipe features canned mixed fruit that is lower in sugar. Toss canned mixed fruit with low-fat yogurt for a quick anytime treat.

Ingredients

- 2 cans** mixed fruit (about 15 ounces each, drained)
- 2** bananas (sliced)
- 1** apple (peeled and sliced)
- 1 cup** lemon or vanilla low-fat yogurt
- 1 ounce** lemon or vanilla instant pudding mix (about 2 tablespoons)

Directions

1. Combine mixed fruit, bananas, and apple in medium bowl.
2. In a small bowl, mix together yogurt and pudding mix.
3. Spoon yogurt mixture over fruit, stirring until coated.
4. Serve right away or refrigerate until served.

Source: Recipe adapted from Allrecipes.com.